

Distance Learning

2nd Week: March 23rd -
27th

Health & Wellness

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Activities for promoting an effective health and wellness for lifestyle and during a crisis.

To help students better understand quality of life.

Good morning and afternoon Students,

I want to take a moment to thank you for completing last week's assignments. If you didn't do the reflection, it's too late. Points will be taken off for turning in eADAP certificate late.

3rd. Period 11:15 – 12:35

Lunch & Return 1:00 – 1:40

4th Period 1:45 – 3:10

Monday: Let's Get Fit!!

- **Exercise for 15 minutes:** You can dance/move and get more energy! See: Exercise for Life Resource Assignment: At the end of the week upload a 10 -15 seconds video with you and or family members working out. Students, if you have another activity use it.

This video is due Friday 27th by 3:10. Get Jazzy with it and have a good time!!

- **Health Book:** Prentice Hall Health Students will READ, READ Chp. 1 pp. 1 - 5 section 1, Define Vocabulary p. 2, Answer Questions 1 -7 p. 5. Health at School is **due as well. This assignment is due today, Mar. 23th by 3:10.**
- **Meditation Resource:** Students will meditate for 15 minutes or longer, (Everyday)! Students will write a one-page reflection. **Due Friday 27th**

Healthy Tips:

Go outside: Get the family involved... walking, cycling, play kickball, tennis, basketball, throw the football, and etc. Students and families take time to enjoy each other.

Students eat lots of vegetables, fruits, and drink water. Students eat and drink less fatty/sugary foods. Always remember Moderation is the key and keep Moving!! You can do this!

Please complete all assignments.

Tuesday: Exercise for 15 minutes

- Students will read Section 2, pp. 6 – 11, Define Vocabulary p. 6 and answer questions p. 11 and Health at Home. Quiz Grade **Due Today,**
- Take time to destress: Meditate
- Reminder of assignments **Due Friday, 27th by 3:10**

Have a healthy day!

Wednesday: *Get Up and Move!*

Stretch that body out like a star in the sky!! Your 15 minutes of Movement!

Today, March 25th I have assigned each student a state to keep a Daily Log of what's happening with COVID-19 virus.

Students include the following in your log.

- Symptoms
- Cases
- Volatiles
- Governor's mandates along with Mayors: Curfew, school closing, job loss, plans for the state, and, etc.

Due: Friday, 3rd. April.

You will start your Log today.

Students, it takes teamwork to get through this crisis and we are survivors.

3rd Period:

Beard – South Carolina

Freeman – Washington

Jones – New York

M.L. Kelley – VA Kiss – Ohio McClain – GA Morgan – New
Jersey Roberts – North Carolina Suarez – Kentucky Williams –
Mass.

4th Period:

Bonner - Arizona Boseman - South Dakota Evans – Montana

Garrison – Iowa Gatch – Maryland Jackson – Conn J. Kelly –
Florida King – Minnesota

Mims – CA Lewis – Miss McRae – Delaware Oyer – Penn Richie
– TX Rosario - Ala. Sanders – Colorado Stokes – Michigan

- **Meditate:** Remember to take good care of your “BODY”! You can’t go to Wal-Mart, Dillard’s, and Macey’s to get another one.

Have a peaceful and restful day.

Thursday: Love yourself and Body: Exercise Resource (15 minutes)

- State Log
- Read Section 3 pp. 12 -15 and Define Vocabulary **Due Today 3/26**
- Reminder: Continue working on Video and Reflection **Due Friday, 27th by 3:10** •
- Take 15 minutes for meditation

Friday: Dance the Day Away!! You made It and didn’t give Up! See Thursday’s lesson for **Due date today.** Meditate

Family time is very important, take time to laugh, play board games, and enjoy outside activities.

***Be kind to others and always remember
laughter is good for the "Heart"!!!***

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